

**UNIVERSITY OF EDUCATION, WINNEBA**  
**FACULTY OF SCIENCE**  
**DEPARTMENT OF HOME ECONOMICS EDUCATION**

**COURSE TITLE** : INTRODUCTION TO HOME ECONOMICS  
**COURSE CODE** : HEC 116  
**SEMESTER** : ONE  
**YEAR** : B.Ed YEAR 1 2004/2005  
**LECTURER** : MR. C. A. BARNES.

**COURSE OUTLINE**

**COURSE OBJECTIVES** : By the end of the course learners should be able to:

- Discuss the Nature of Home Economics
- Explain the relationship between Home Economics and other subject areas. of life students.
- Select nutritious meals.
- Identify resources in the family
- Make good use of their time.
- Keep neat and alert.

WEEK	TOPIC/CONTENT	ASSIGNMENT/TEST	REMARKS
1&2	Overview of the nature of home economics		
3-6	Eating Nutritiously Issues in Nutrition and Health		
7-8	Good Grooming		
9	Reproductive Health	Video Show: Silent Epidemic	
10-12	Resources in the Family		
13		Class test	
14	Time Management		

**REFERENCES**

1. Anyakaoha, E. and Eluwa, M. (1999) Home Management for Schools and Colleges
2. Osei-Agyekum, J, and Quartey, O. (2000) Management in Living and Resource Management
3. Adams, Asare and Forster (1998) Life Skills.
4. Management in Living for Senior Secondary Schools.